

Wyoming

Comprehensive Cancer Control Consortium *Joining Forces to Fight Cancer*

Protect your skin from harmful UV rays

As temperatures rise and people spend more time outside, remember to take precautions against skin cancer.

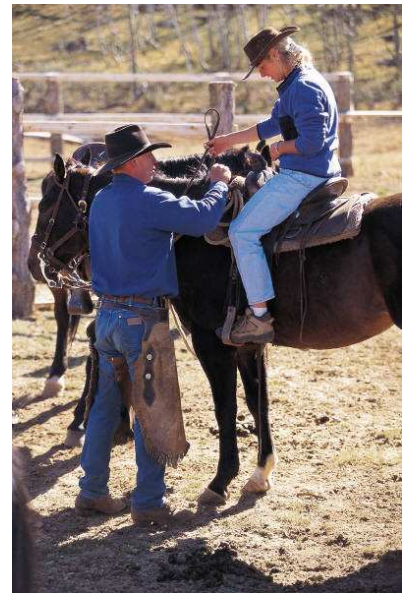
According to the 2003 Behavioral Risk Factor Surveillance System (BRFSS), 48.1% of Wyoming adults age 18 and older reported having a sunburn in the past year. More men reported having sunburns than women (52.7% [men] compared to 43.6% [women]). The BRFSS also showed 72% of residents age 18-24 reported having a sunburn in the past year.

The most common warning sign of skin cancer is a change on the skin, especially a new growth or a sore that does not heal. The Wyoming Department of Health recommends people check themselves regularly for new growths or other changes in the skin. Any new, colored growths or any changes in growths that are already present should be reported to a health care provider without delay. People who have already had skin cancer should have regular exams so a health care provider can check both the treated areas of skin and other places where cancer may develop.

Prevention is the key. The best way to protect your skin from the harmful effects of the sun is to dress appropriately and apply sun screen liberally. If you have a skin lesion that won't heal or has changed, contact your personal provider and have it evaluated.

Wyoming also ranks as the second highest state in terms of approximate mean elevation. Ultra-violet (UV) radiation increases 4 to 5 percent with every 1,000 feet above sea level.

This month take some time out of your schedule to check yourself for any skin changes or discolorations.



- Avoid being outside from 10:00 a.m. until 4:00 p.m.
- Wear clothing that covers your body, and a hat to protect your face, ears, and neck.
- Use sunscreen with a sun protection factor (SPF) of 15 or higher.
- Wear sunglasses that have UV absorbing lenses.
- Avoid sun lamps, tanning beds, and other sources of UV light.



WCCCC

A Message From the CCC Steering Committee...

By Dr. Clinton F. Merrill, WCCCC Chairperson

Heading Towards Implementation

This year has been filled with impressive actions by the WCCCC. The Steering Committee is pleased with the progress made by the Consortium and is looking towards the future of cancer control in Wyoming.

Currently, the Prevention Workgroup has taken on the task of creating an online prevention clearinghouse. Funding has been obtained to create the site. The site will serve as a model as the other groups work to identify the online resources they wish to share around the state.

The Early Detection workgroup is in the beginning phase of developing a resource assessment to be distributed to all Public Health Nursing Offices. We are grateful to those who will help us determine our current resources available as we also work towards identifying current cancer resource needs within the state.

The Diagnosis and Treatment workgroup continues to coordinate the Electronic Tumor Board project. It is hopeful that within the next couple of months, we will begin to see equipment installed in participating facilities across the state.

The Quality of Life Workgroup is working on the Community Cancer Resource Coordinator Pilot Project. Members of the group will be working in conjunction with the Wyoming Breast & Cervical Cancer Early Detection Program, and the American Cancer Society, in order to define a scope of work and introduce the project to important stakeholders. Bringing cancer prevention and control to the local level is an important piece as we move to decrease the impact of cancer on Wyoming.

The Access to Healthcare group is investigating the role of the Alien Emergency Medical Program in Wyoming with regard to cancer treatment services. More information will follow on this effort.

If you need further information about the workgroups or would like to help out in any way, please contact Kimberly Rogers at Kroger@state.wy.us or via telephone at 307.777.8609.

Again, I thank you on behalf of Dr. Margaret Barnes, Lisa Eades, and myself for your outstanding achievements this past year. We look forward to future funding and ongoing changes in Wyoming to better the lives of cancer patients, caregivers, survivors, and their families.

Sincerely,
Dr. Clinton F. Merrill



GoWYLD This Summer

By Christine Van Burgh, Wyoming State Library

Looking for information? Help is as close as your library or your computer.

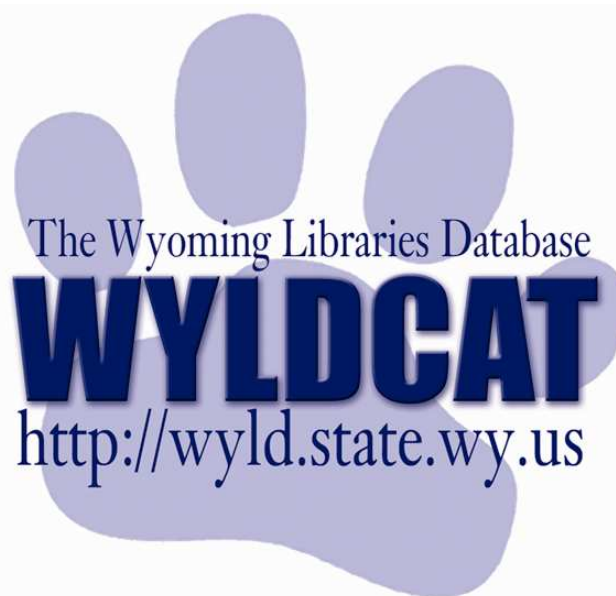
There are many tools available to look up information, whether you need full text articles or access to reference tools. These tools (databases) are listed on the GoWYLD website, <http://gowyld.net/dbases.html>. To access these sources from home or office you will need to have a library card and pin from your local library. Click on the *Remote Access to Databases* link at the top of the page.

There are several health specific databases: **Health Source: Consumer Edition** and the **Nursing/Academic Edition; Clinical Pharmacology, Alt Health Watch**, and **Medline Plus**. These will provide you with information from consumer health publications and scholarly full-text articles; information on holistic health issues and prescription drugs and herbal supplements; medical dictionaries and encyclopedias.

For example, to search for articles and information on skin cancer, go to <http://gowyld.net/dbases.html> and select **EBSCO**. From the list of **EBSCO** databases, select *Health Source Consumer Edition*. Type *skin cancer* in the *Find* box. The results include articles from Prevention, Dermatology Times, and Harvard Women's Health Watch.

Searching *skin cancer* in **Medline Plus** will provide information from the National Library of Medicine, the National Cancer Institute, the Skin Cancer Foundation, and the American Academy of Dermatology.

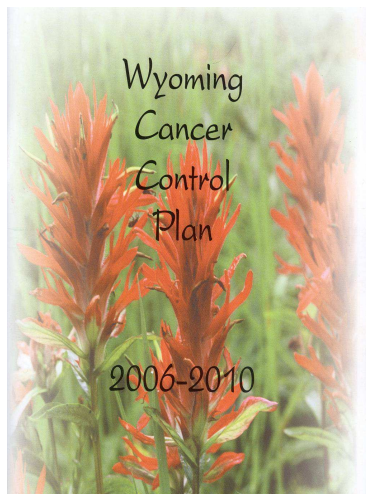
For help with these sources, go to your local library, or contact Chris Van Burgh, cvanbu@state.wy.us.



**Wyoming Department of Health
Comprehensive Cancer Control Program**

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**FIRST
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For a copy of the 2006-2010 Wyoming Cancer Control Plan please visit the web at <http://wdh.state.wy.us/ccp>



Data Excellence Award
Wyoming Cancer Surveillance Program

The Wyoming Cancer Surveillance Program was recognized by the Centers for Disease Control & Prevention for excellence in Data Completeness, timeliness, and quality. The National Program of Cancer Registries has recognized Wyoming's ability to submit quality data and we're proud of it! The program received a score of 97% this past year. The Wyoming Cancer Surveillance Program is housed within the Department of Health. They have the important duty of collecting and coding cancer incidence and mortality data into the state registry.

***Contacts
and information***

Submit articles to: Kimberly Rogers
Call for information: (307) 777.8609
<http://state.wy.us/ccp>

